



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09015, Apples, frozen, unsweetened, heated

Report Date: May 22, 2017 01:21 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup slices 206g
Proximates					
Water	g	87.16	6	0.152	179.55
Energy	kcal	47	--	--	97
Energy	kJ	197	--	--	406
Protein	g	0.29	6	0.022	0.60
Total lipid (fat)	g	0.33	6	0.032	0.68
Ash	g	0.23	6	0.006	0.47
Carbohydrate, by difference	g	12.00	--	--	24.72
Fiber, total dietary	g	1.3	--	--	2.7
Minerals					
Calcium, Ca	mg	5	6	0.416	10
Iron, Fe	mg	0.19	6	0.034	0.39
Magnesium, Mg	mg	3	6	0.155	6
Phosphorus, P	mg	8	6	0.285	16
Potassium, K	mg	76	6	2.374	157
Sodium, Na	mg	3	6	0.399	6
Zinc, Zn	mg	0.05	6	0.011	0.10
Copper, Cu	mg	0.065	6	0.005	0.134
Manganese, Mn	mg	0.146	6	0.016	0.301
Selenium, Se	µg	0.2	--	--	0.4
Vitamins					
Vitamin C, total ascorbic acid	mg	0.4	6	0.060	0.8
Thiamin	mg	0.014	6	0.000	0.029

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup slices 206g
Riboflavin	mg	0.011	6	0.001	0.023
Niacin	mg	0.043	6	0.014	0.089
Pantothenic acid	mg	0.057	6	0.006	0.117
Vitamin B-6	mg	0.032	6	0.001	0.066
Folate, total	µg	1	6	0.037	2
Folic acid	µg	0	--	--	0
Folate, food	µg	1	6	0.037	2
Folate, DFE	µg	1	--	--	2
Vitamin B-12	µg	0.00	--	--	0.00
Retinol	µg	0	--	--	0
Vitamin A, IU	IU	20	6	3.757	41
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Lipids					
Fatty acids, total saturated	g	0.053	--	--	0.109
12:0	g	0.001	--	--	0.002
14:0	g	0.001	--	--	0.002
16:0	g	0.044	--	--	0.091
18:0	g	0.007	--	--	0.014
Fatty acids, total monounsaturated	g	0.013	--	--	0.027
16:1 undifferentiated	g	0.001	--	--	0.002
18:1 undifferentiated	g	0.012	--	--	0.025
Fatty acids, total polyunsaturated	g	0.095	--	--	0.196
18:2 undifferentiated	g	0.079	--	--	0.163
18:3 undifferentiated	g	0.017	--	--	0.035
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan	g	0.003	--	--	0.006
Threonine	g	0.010	--	--	0.021
Isoleucine	g	0.011	--	--	0.023
Leucine	g	0.018	--	--	0.037
Lysine	g	0.018	--	--	0.037

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup slices 206g
Methionine	g	0.003	--	--	0.006
Cystine	g	0.004	--	--	0.008
Phenylalanine	g	0.008	--	--	0.016
Tyrosine	g	0.005	--	--	0.010
Valine	g	0.013	--	--	0.027
Arginine	g	0.009	--	--	0.019
Histidine	g	0.005	--	--	0.010
Alanine	g	0.010	--	--	0.021
Aspartic acid	g	0.050	--	--	0.103
Glutamic acid	g	0.030	--	--	0.062
Glycine	g	0.011	--	--	0.023
Proline	g	0.010	--	--	0.021
Serine	g	0.012	--	--	0.025
Other					